

Our Mission...

Rutgers Health: University Behavioral Health Care is dedicated to a mission of excellence that includes the delivery of evidence based and compassionate behavioral health and addiction services to individuals and families across New Jersey, advancing the science through programmatic research, and educating the next generation of health care professionals.



We are committed to being a leader of effective, compassionate and accessible care that is informed by research and education.



We are centrally located at:
100 Metroplex Drive
Suite 200
Edison, New Jersey, 08817

Please call or email for more info:
(732) 235-8400
NJPromise@ubhc.rutgers.edu



NJ Promise

For young people who are experiencing new and distressing symptoms and wish to receive assistance in improving their mental health.

(732) 235 - 8400

ubhc.rutgers.edu

NJ Promise is an innovative and evidence based early intervention treatment program for individuals between the ages of 12-25 who exhibit noticeable changes in perception, thinking, and functioning. These changes may indicate risk factors for serious mental illness. NJ Promise helps young individuals reduce their symptoms and achieve their goals.



By identifying and treating the early signs of risk, we aim to delay, prevent, or reduce intensity of chronic mental health concerns.

Warning Signs

- Withdrawal
 - Change in Eat/Sleep patterns
 - Decline in Hygiene
 - Difficulty Organizing Thoughts
 - Loss of Motivation & Energy
 - Unusual Perceptions
 - Change in Personality
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Our program can provide multiple services for young people and their families including diagnostic assessment, psycho education, individual and family therapy, social skills training, treatment for substance use, family support, and medication management.

Referral Process

We welcome referrals from individuals, family members, professionals in the community, and community agencies.



(732) 235-8400



All eligibility requirements below must be met:

1. The individual between the ages of 12 and 25
2. Has recently begun experiencing changes such as:
 - withdrawing from family/friends
 - problems at school and/or work
 - unusual anger, sadness, irritability
 - trouble thinking clearly
 - changes in vision or hearing
3. The individual is willing to work with a diverse healthcare team



RUTGERS HEALTH

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